HERBED POTATO, ASPARAGUS & CHICKPEA SHEET PAN DINNER

Prep Time: 5 Cook Time: 40 Total Time: 45 minutes Yield: Serves 3

Ingredients:

- 1 lb. red potatoes, chopped
- 1 ½ cups carrots chopped
- 1 can chickpeas, drained, rinsed
- 1 teaspoon of each dried basil, thyme, oregano and paprika
- ½ teaspoon garlic powder
- 2 – 3 T olive oil, divided
- 1 lb. asparagus, cut into thirds
- ½ large yellow onion, sliced lengthwise
- salt & pepper, to taste
- Fresh parsley, to serve

Instructions

1. Preheat oven to 425 degrees F. Line a rimmed baking sheet.
2. Add the potatoes, carrots and chickpeas to the sheet pan, drizzle with 1 ½ tablespoon olive oil and ¾ of the spices, toss to coat. Arrange the potatoes flesh side down, this will help them get crispy edges.
3. Place in the oven for 20 -25 minutes.
4. Carefully remove the pan from the oven, push the potato mixture to one side, add the onion and asparagus, add the remaining oil and herb/spice mix, toss to coat.
5. Place sheet pan back in the oven and roast for 10 – 15 minutes more. Let cool a few minutes before serving.
6. Place in individual serving bowls and top with parsley sprinkled over top.

Leftovers can be stored in an airtight container in the refrigerator for up to 5 – 6 days.

Nutrition Facts Serves 3 Amount per serving

Calories 325 % Daily Value* Total Fat 7.3g 9% Saturated Fat 1g Cholesterol 0mg 0% Sodium 425.5mg 18% Total Carbohydrate 55.7g 20% Dietary Fiber 12.8g 46% Sugars 10g Protein 14g 28% Vitamin A 9% Vitamin C 28% Calcium 8% Iron 39% Vitamin D 0% Magnesium 24% Potassium 28% Zinc 24% Phosphorus 26% Thiamin (B1) 38% Riboflavin (B2) 25% Niacin (B3) 24% Vitamin B6 33% Folic Acid (B9) 63% Vitamin E 15% Vitamin K 90%